A

TREATISE

UPON THE HERB

TOBACCO,

POINTING OUT ITS

DELETERIOUS PERNICIOUS QUALITY,

AND

ITS FATAL EFFECTS

UPON THE HUMAN CONSTITUTION, BY THE GREAT VARIETY OF DISORDERS IT OCCASIONS;

Not only affecting THREE of the FIVE SENSES, to a great Degree, but impairing the FACULTIES of the MIND, and even frequently causing premature Death.

BY A GENTLEMAN

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THE Author flatters himſelf that this ſubject will be treated in ſo copious a manner, that no particular whatever will be omitted that will be requiſite to be introduced, with a view of diſſuading ſuch as are habituated, from continuing this deſtructive, loathſome habit.

There are indeed a few modes in which it may be made uſe of to advantage, which will be inſtanced.

A

TREATISE

UPON THE

HERB TOBACCO, &c.

CHAP. I.

ABOUT thirty years ago, a celebrated botaniſt wrote a ſhort eſſay, which he ſtyled Cautions againſt the immoderate uſe of Snuff ONLY, founded upon the known qualities of the Tobacco Plant; in which he mentions ſome inſtances of perſons who had periſhed miſerably of diſeaſes, occaſioned, or rendered incurable, by its uſe.

He treats of the pernicious quality of this plant in a manner infinitely too ſuperficial for the importance of the ſubject, confining himſelf entirely to the effects produced by taking it into the body by the noſtrils in Snuff, taking not the leaſt notice of the various other modes in which it is uſed, which are equally unnatural, loathſome, and deſtructive; which I ſhall amply expatiate upon, not neglecting to introduce whatever may be worthy of obſervation in the Treatiſe abovementioned.

The officinal Tobacco is the leaf of the NICOTIANA MAJOR LATIFOLIA, firſt introduced into this kingdom in the reign of Queen Elizabeth, by Sir Walter Raleigh, from that part of the continent of America he took poſſeſſion of, and to which he gave the name of Virginia, in com-

compliment to his miſtreſs, the virgin queen.

The Tobacco Plant is narcotic, or in vulgar language, of an intoxicating quality, and has in ſome degree the effect of opium; and by the ſudden violent manner the nerves are irritated when taken into the noſtrils, it muſt be endued with a peculiar acrimonious quality: it has alſo an anodyne or ſoothing quality, of which I ſhall give an inſtance in its proper place.

Trivial as this ſubject may appear to vulgar minds, not accuſtomed to reflection, who conſider things in a ſuperficial and indifferent light, owing to the prevalency and almoſt univerſality of this cuſtom; yet when its pernicious effects are fully demonſtrated, it will appear to be matter of ſerious conſequence.

I ſhall firſt conſider the ill effects of this deleterious plant when reduced into powder, and when taken by way of Snuff, the moſt frequent and faſhionable mode of uſing it: and it may be neceſſary to premiſe, that the finer it is pulverized, the more powerful and pernicious its effects; and conſequently that that which is termed Scotch Snuff, is more detrimental than the Rappee, or raſp'd ſort, unleſs the latter be adulterated with pepper, white hellebore, or that draſtic drug euphorbium, which is a ſternutatory of ſo hot and penetrating a nature, that it never ſhould be introduced into the human body, being a cauſtic even too rough in its operation for a horſe.

The firſt ill effect occaſioned by Snuff is, greatly impairing, if not totally deſtroy-

deſtroying the nerves which line the noſtrils, intended by nature for the uſe of ſmelling, to enable us to diſcover what may be prejudicial to us, and to afford us the pleaſing ſenſation ariſing from the ſeveral productions of nature; ſuch as the fragrance of flowers, fruits, plants, wines, the refreſhing ſalubrity of the air, &c. ſatisfactions and enjoyments of the moſt pleaſing kind.

As there is a paſſage from the noſtrils to the mouth, it next affects the ſtomach, by mixing with that moſt uſeful fluid the ſaliva, which nature ordained for the purpoſe of promoting digeſtion, and for lubricating the tongue for the uſe of ſpeech. It is found, by analyzing this fluid ſecreted from the ſalivary glands, that it has qualities wonderfully adapted to divide the moleculæ of food

received

received into the ſtomach, and convert it into chyle for nutrition; but the preposterous uſe of this powder by way of Snuff counteracts this ſalutary purpoſe; for by its acrimony the natural operations of the ſtomach are diſturbed, and by its narcotic quality, the ſtomach is debilitated, digeſtion weakened; and conſequently the appetite will be deſtroyed, which lays a foundation for a great variety of diſorders. There is nothing that requires ſo delicate a ſtate, both of the parts and juices, as digeſtion; the inner coat of the ſtomach, lined with nerves, is injured by the continual application of this acrimonious ſubſtance by the frequency of ſnuffing; ſo that the juices which ſhould operate in digeſtion become greatly altered; from mild, they are rendered acrid, and from diſſolvents, they acquire a degree of

power

power to harden the food received into the ſtomach, ſo as to obſtruct digeſtion. Experiments ſhew, that an infuſion of tobacco leaves in water, has in ſome degree the quality of that infuſion of oak bark, which is uſed by tanners to harden animal ſubſtances. Things will produce the natural effects of their proper qualities in the human body, as well as out of it. The liquor of the noſe and mouth will receive that tincture from the tobacco, that water does in common infuſion; and the natural and continual heat of the ſtomach gives it the greateſt power that can be given an infuſion of this kind.

The firſt effect of indigeſtion is flatulency, which is naturally produced by food not properly digeſted by the ſtomach, and the moſt obſtinate and incur-

able

able kind ariſes from Snuff upon this principle.

Half the diſeaſes that torment and deſtroy mankind, have their origin from bad digeſtion; therefore indulging in the cuſtom of Snuff-taking, is laying a foundation for the worſt diſeaſes; ſince it vitiates and depraves that juice, without which a good digeſtion is impoſſible.

The Oeſophagus, the paſſage from the mouth to the ſtomach is lined with a great number of nerves, very ſenſible of irritation, and is of a conſtruction as delicate and as ſenſible as the membrane of the noſtrils, if not more ſo; and is not only lined with nerves as the ſtomach, but its inner coat is villous, and by the veſſels opening there, it receives a great

a great deal from the tincture of the Snuff, even before it arrives at the ſtomach. The injuries the Oeſophagus receives by the acrimony of this powder is out of the reach of art, being too far removed from the ſurface of the body, to be capable of relief from the ſurgeon's hand; ſo that the hurts it receives are extremely dangerous, and ſometimes mortal. I remember an inſtance of a clergyman's wife of the name of Gibbs, who had addicted herſelf ſo greatly to take Scotch ſnuff, that it cauſed a fleſhy tumour in the Oeſophagus, which prevented her for ſeveral years from ſwallowing ſolid food; being under the neceſſity of having every kind of meat minced or ſtewed, the nutritious part of which ſhe ſipt through a quill; but at length ſhe became ſo emaciated, that ſhe died of a conſumption.

Another ſenſe which is greatly affect-ed by the frequent uſe of Snuff, is viſion, contrary to vulgar opinion. Nature has ordained certain fluids to nouriſh the different humours of that moſt curious and wonderful organ the eye; and when there happens to be too great a drain or loſs of the juices which are to main-tain it in its natural ſtate, the ſight will be injured and impaired; the rays of light, having entered at the pupil of the eye, are then refracted through three different humours of different denſities, *viz.* the aqueous, the vitreous, and the cryſtalline, before they can meet in a focus to paint the object diſtinct upon the retina: if the eye be much impo-veriſhed of this neceſſary fluid, by the frequent irritation of the nerves of the noſtrils by Snuff, it muſt of courſe flat-ten and become leſs convex, which by the

laws of optics, muſt occaſion the rays to diverge, ſo as not to meet in a focus upon the retina, as they otherwiſe would; this brings on a premature decay and defect of ſight. The reaſon that perſons advanced in years do not ſee objects ſo clear as they are uſed to do, is owing to the ſame cauſe, as that ariſing from exceſs of Snuff-taking, that is, the decay of the humours flattening the eye; which requires when they read, for inſtance, that a book be placed at ſome diſtance, to enable them to ſee diſtinct. In ſhort-ſighted perſons, the defect is juſt the contrary, the too great convexity of the eye; ſo that to ſee diſtinct, they muſt bring an object very cloſe to their eyes, becauſe the rays converge, and meet too ſoon in a focus.

With reſpect to the extreme injury the ſenſe of ſeeing receives from exceſs of Snuff-taking, I can ſpeak with the greateſt confidence and certainty, from a variety of inſtances I have obſerved of its baneful influence upon others, and from experience upon myſelf.

I was acquainted in a very reſpectable family, where the lady, the miſtreſs of it, from a melancholy turn of mind ſhe gave way to, owing to the loſs of an only favourite child, had recourſe to Snuff by way of amuſement, which ſhe took to ſuch an extreme degree that was aſtoniſhing. Her huſband perceiving that it impaired her appetite, and that her eyes became much inflamed, and began to decay, uſed every argument in his power to diſſuade her from continuing the uſe of it; but to no purpoſe.

The

The continual drain of humours for a ſeries of years, from the exceſſive quantity ſhe made uſe of, of the moſt pungent kind of Snuffs ſhe could procure, had ſuch an effect, that it deprived her of ſight; and I ſaw her in that ſituation.

Another inſtance I recollect, was of a clergyman, Doctor Barton, rector of St. Andrew's, Holborn, London. He had been ſo accuſtomed to the habit of taking Scotch Snuff, that he ſcarce was ever free from a pinch of it between his fingers, not even when preaching, as I have obſerved. The conſequence was, that he was deprived of the pleaſing comfort and happineſs of ſight ſome years before his death, which all his friends attributed to exceſs of Snuff.

When

When a young ſtudent in the univerſity of Cambridge, I remember the maſter of a college there, who had accuſtomed himſelf to this loathſome, pernicious habit to ſuch an extreme, that it not only affected his ſight, but even his intellectual faculties to ſuch a degree, that he became a mere driveller, quite ſtupid, the ridicule of the ſociety he belonged to, by the effect of the narcotic quality of ſnuff.

With reſpect to myſelf, I acknowledge I was ſo infatuated as to uſe Snuff for ſome years in great quantity, which occaſioned ſo great a drain of humour at my noſtrils, that I found my eyes became impaired, and beginning to flatten and decay: I reflected upon the abſurdity and bad tendency of continuing ſo pernicious a habit, and had reſolution to deſiſt; or, I am

thoroughly

thoroughly convinced, muſt by this time have been entirely deprived of my ſight: this was about nine years ago; nor have I ever touched a particle of it ſince, and now I hold it in the utmoſt abhorrence.

As the herb Tobacco is a ſtrong narcotic, it occaſions not only vertigos, but even ſometimes apoplexies; and it is a general obſervation amongſt phyſicians, that perſons who have been much accuſtomed to Snuff-taking, are more ſubject to this misfortune, than ſuch as have never made uſe of it.

That it is in ſome degree of an intoxicating quality, every perſon muſt be convinced by experience, upon the commencement of the practice, in each of the modes it is uſed. It is apt to occaſion convulſions in tender conſtitutions.

I knew

I knew an inſtance of a lady of a very delicate frame, who by the perſuaſion of her waiting woman, was induced to make uſe of ſome fine Roll Tobacco to clean her teeth and ſweeten the mouth: ſome of the ſaliva, tinctured with it, through inadvertency, was ſwallowed into the ſtomach, which had ſuch an effect that it brought on ſtrong convulſions, inſomuch that it endangered her life.

I recollect, a few years ago a very ſingular and fatal inſtance of a lady, ſiſter to a very worthy alderman, one of the repreſentatives of the city of London, being induced by the advice of an old woman in the neighbourhood, in the country, to take a decoction of Tobacco for a diſorder ſhe had in her bowels: ſhe unfortunately took a quantity of it about

nine

nine o'clock in the evening, went to bed, and died convulſed before two in the morning.

The taſte is very greatly affected by the humour from the noſtrils, tinctured with the Snuff, falling continually into the mouth, and rendering the nerves in a manner callous, and in ſome meaſure uſeleſs; ſo that a perſon cannot enjoy that reliſh for what he eats, in that degree he would have done, had he been free from this habit.

Nor has an habitual Snuff-taker the pleaſure of diſtinguiſhing the delicious flavour which the different kinds of viands, ſpices, fruits, and wines afford. This, one would imagine, would be no ſmall mortification and denial to a perſon of nice ſenſations, not only to be depriv-

ed of the means of reliſhing flavours; but to have his taſte, as well as the ſenſe of ſmelling, impaired in an equal degree by the ſame habit.

By chemical analyſis it is found, that the Tobacco Plant yields an oil of the moſt pernicious quality—the rankeſt of all vegetable poiſons, and the moſt rapid in its progreſs. When a young ſtudent in the univerſity of Cambridge, I attended Dr. Heberden's Lectures on the MATERIA MEDICA. To ſhew us the miſchievous, dangerous effects of this plant, he dropt the leaſt quantity poſſible of the oil of Tobacco upon the tongue of a pigeon, which had not been given many minutes, before it fell into convulſions, fluttered, and died. He then dropped ſix drops of the ſame oil upon the tongue of a ſtrong dog, which

which was tied to a table for the purpoſe of experiment; the poor animal died greatly convulſed, in about twenty minutes.

That it impairs the faculty of the mind in ſome degree, by its exceſs, I am perfectly ſatisfied. What is the immediate ſeat or ſource of genius and imagination, or how the ſoul is connected with the body, the ſhort line of human underſtanding is not able to fathom, therefore we cannot aſſign the reaſon why the rational powers are impaired leſs in ſome, and greatly in others, by the effect of Snuff: or why ſome, as is really the caſe, are totally deprived of them, and ſink into a ſtate of abſolute idiotiſm by its exceſſive uſe, while others ſeem to be but little affected. But this is evident, that whatever im-

mediately affects the brain, is capable of disturbing the operations of the mind; and in some cases, of absolutely obstructing, or even irrecoverably destroying its faculties.

Curiosity might lead us to wish for a more perfect knowledge of this important matter; but it is enough for practical uses, that we know that injuries of the brain will affect the understanding. We see how very near the brain is to the nostrils, and how very intimate a connection there is between them, by that amazing expansion of nervous filaments which line those openings; and it is evident how easily the nerves are irritated, and how they may absolutely be destroyed by Snuff. The sooner the nerves are destroyed, the sooner the effect of this pernicious powder upon the brain

brain is intercepted and prevented; and it may be, that by the loſs of ſmell, the underſtanding of ſuch perſons may be ſaved.

Another dreadful evil attending this practice, is its occaſioning fleſhy excreſcences, or polypuſſes in the noſtrils, which often terminate in cancers altogether incurable. A great variety of inſtances of this kind might be adduced, ſome of which I ſhall mention, that have fallen under my obſervation:—A perſon of the name of Francis, ſurgeon and apothecary, who, though thoroughly ſenſible of the many ill conſequences attending the habit of Snuff-taking, had not the reſolution to abſtain from it, but even made uſe of the moſt pungent ſort he could procure. The conſequence was, a large fleſhy excreſcence that filled one

of

of his noſtrils, in the form of a polypus, which affected not his voice only, but his breathing, to a very high degree, which he was under the neceſſity of having taken off with an inſtrument; whether any other ill conſequence enſued, I know not, having not ſeen him ſince.

Another inſtance was, of a gentleman who made uſe of an immoderate quantity of this corroſive, pernicious powder, the acrimony of which occaſioned fleſhy excreſcences in both noſtrils, which became extremely inconvenient and troubleſome to him, and being loath to have recourſe to a ſurgeon, neglected them ſo long, that they degenerated into cancers, which were attended with the moſt fatal conſequence. I could enumerate ſome other caſes where polypuſſes have been

been produced by the acrimonious quality of Snuff, being uſed to extreme: but one would ſuppoſe, that the above would be ſufficient to deter perſons, however ſtrongly addicted to this habit, from continuing ſo deſtructive a practice.

I have obſerved that an exceſs of this powder taken by way of Snuff, cauſes, by its extreme acrimony in irritating the nerves of the noſtrils, too great a drain of humours, ſo as to prejudice the eyes; this great waſte is attended with another ill effect, that is, in carrying off the juices which nature intended ſhould plump up the muſcles of the face, which render the countenance florid and comely; this loſs and drain, has a tendency to depreſs the muſcles, to render them flaccid, and to give the viſage a furrowed, wrinkled appearance, cauſing

the

the complexion to have a ſallow, cadaverous colour.

Another very great evil and inconveniency attending this idle, loathſome, pernicious cuſtom, is, depriving perſons of a clear, diſtinct utterance, cauſing a naſal pronunciation, perverting and counteracting the deſign of Providence, in endowing the generality of mankind with a clear, melodious, engaging ſound of voice, which by this practice becomes inarticulate and diſguſting. This loſs in the vulgar, lower claſs of people, is not of much conſequence; but to perſons of a liberal, elevated rank in life, the caſe is quite otherwiſe. What can appear more ungraceful and diſguſting in a clergyman, a barriſter at law, or any gentleman who has occaſion to ſpeak in public, than inſtead of a clear, harmo-

nious

nious, diſtinct utterance, to fatigue and diſguſt their audience, with a ſnuffling, grunting, inarticulate, confuſed ſound through the noſe? The fineſt piece of oratory that ever was compoſed, uttered in ſo offenſive and diſagreeable a manner, would, I conceive, be ſo far from charming, rouſing, and affording that ecſtatic, animating pleaſure, which is excited by diſtinct utterance, from a clear harmonious voice, accompanied with a graceful delivery, that it would have quite the contrary effect; for the manner, with the generality of mankind, has a more forcible effect than the matter; moſt perſons are capable of judging of the former, but the judicious few only of the latter.

Another particular I cannot avoid animadverting upon, and this is not of the

leaſt conſequence, which is, the great indelicacy of continually blowing this powder out of the noſtrils, together with a quantity of humour diſagreeably tinctured with it, and this not only about the perſon's own face and cloaths who uſes it, but even frequently in the faces of ſuch as may happen to be placed near him; having every ten minutes recourſe to the handkerchief, the flag of abomination, as Dr. Smollet, I remember, juſtly and humourouſly ſtyles it, when deſcribing the cuſtoms of the French. Can any thing, properly conſidered, be more offenſive and diſguſting than ſuch a practice in genteel company, and particularly in the preſence of the ladies, before whom a well-bred perſon ſhould never be guilty of any thing, that in the leaſt ſavours of indelicacy and diſreſpect?

Some

Some alledge as an apology for this odious, pernicious habit, that a pinch of Snuff enlivens, and ſupplies them with a freſh flow of ſpirits. It is true, it will have that effect for a moment; but it is upon the ſame principle as a glaſs of ſpirituous liquor, it will exhilirate for an inſtant; but, like a bow that is bent beyond its due tone, its elaſtic power will be weakened after. And here I cannot avoid obſerving, that the two habits, I mean Snuff-taking and Gin-drinking, indeed they may be termed not only habits, but vices, theſe, among the lower claſs of people, are generally concomitants, which after a courſe of time appear very viſible in their countenances, rendering them pale and ſallow, naſty and diſguſting; and by weakening, and at length deſtroying the powers of digeſtion, emaciating their

bodies, and bringing on a premature death.

The long continued uſe of Snuff, particularly that termed Scotch Snuff, diſcolours, and if I may be allowed the expreſſion, embrowns the complexion, upon two accounts; by draining off the fine juices which give that vermilion tint to the cheeks particularly, which nature deſigned to give grace and beauty to the countenance, as before obſerved; the other by the continual ſpreading it over the face, by the mode of uſing it. This to men, I admit, is of little conſideration; but to the fairer, ſofter ſex, is a matter which ſhould not be lightly regarded, as this abominable, loathſome, diſguſting practice muſt, upon ſeveral accounts, render them leſs pleaſing and amiable in the eyes of thoſe,

to whom it is natural, they would wiſh to appear in the moſt engaging, agreeable light.

I have heard ſome urge as a reaſon for the uſe of Snuff, that it is with an intention of clearing their eyes; others, to relieve them of the head-ach. That a little Snuff, uſed medicinally upon a proper occaſion, as a ſternutatory, may carry off a ſuperfluous humour from the eyes, or from ſome veſſels of the head which may be overloaded with mucus, &c. no perſon can deny; though there are ſternutatories more innocent and efficacious than Snuff; ſuch as Marjoram dried and reduced to powder, with one fourth or one fifth of Aſarabacca, or the herb Syrian Marum, an excellent errhine, would anſwer the intention with fewer inconveniences than the herb Tobacco.

That

That either may prove ſerviceable, uſed upon emergency, there is not the leaſt doubt; but what I inſiſt upon is, the prejudice received from a continuance of the practice, which becomes an abuſe, when neither of the caſes above ſtated occur to require it. The ſalutary effects of a concuſſion of the frame of the body by the action of ſneezing occaſionally, muſt be admitted to be very conſiderable and ſalutary. There are many glands about the head deſigned by nature for the ſeparation of viſcid, mucous ſubſtances, by which means various ſinuſſes, or cavities, of great ſervice in the animal economy, are frequently overloaded with ſuch matter, that ſome veſſels adjoining are impeded in performing their functions, the circulating fluid in them being too turgid, which will cauſe uneaſy ſenſations, pain, giddineſs, and other diſ-

orders

orders frequently experienced in the head; the noſtrils are formed for receiving and diſcharging ſuch ſuperfluous viſcidities. A ſtimulus upon the nerves which line the noſe, as a ſternutatory, will increaſe thoſe diſcharges, and thereby relieve the above diſorders, and render the head light and eaſy.

The action of ſneezing I eſteem to be very ſalutary and beneficial to the conſtitution, upon particular occaſions, as an exerciſe. There is no motion whatever, not even that of vomiting, which ſo ſuddenly and forcibly ſhakes the whole nervous ſyſtem; ſo that in all obſtructions of the finer paſſages, and particularly of the nervous fluid, whatever produces ſneezing muſt be of the greateſt ſervice and advantage. And common experience in practice confirms this in many

many inſtances of paralytic, apoplectic, and lethargic caſes; where this concuſſion rouſes and enlivens the ſpirits, by ſhaking the moſt remote fibres, promotes the circulation of their proper juices, which before ſeemed to ſtagnate, or not to irritate the fibres ſufficiently to maintain their natural elaſticity. And of ſo great efficacy is this convulſive motion, that for the expulſion of the fœtus, it has been experienced in an infinite variety of inſtances to be of peculiar ſervice.

But let it be well adverted to, that the benefits above ſtated are only to be obtained by perſons who have never been habituated to Snuff-taking; whereas ſuch who have by long cuſtom rendered the nerves of their noſtrils callous and inſenſible, by continually ſtimulating them with

with hot, pungent, acrimonious Snuffs, can receive no advantage from them as a medicine: as their nerves cannot be irritated to ſuch a degree, as to excite ſneezing by any quantity they can make uſe of; when the ſmalleſt particle would operate upon ſuch as have been ſtrangers to this habit, and produce the moſt ſalutary effect.

From the fatal inſtances produced of the pernicious quality of the herb Tobacco, it muſt be ſuppoſed that it is extremely improper and dangerous to receive it in any form into the ſtomach: but if at any time proper, it is upon the utmoſt emergency in a deſperate caſe, when it is ſuppoſed a perſon had ſwallowed ſomething of a poiſonous quality; under ſuch circumſtances, a decoction or infuſion of Tobacco, I think,

would be ſerviceable; as it would prove an inſtantaneous emetic, and would be immediately diſcharged, together with what was noxious, out of the ſtomach, and conſequently might not be attended with any ill effects.

I have juſt hinted before, that a long habit of Snuff-taking, by the acrimonious corroſive quality this herb is endued with, ſometimes is productive of cancers; and as this is one of the greateſt calamities that can happen to the human body, I cannot avoid enlarging a little farther upon this particular: and it may be obſerved, that cancers of the noſe are as dreadful and fatal as any others. It is certain that Snuff muſt of all things be moſt dangerous, where there is the leaſt diſpoſition toward them; for in ſuch caſes, what is moſt neceſſary, is to keep

the parts quiet, free from every thing that has a tendency to irritate them; —this reaſon and experience dictate; therefore Snuff, under ſuch circumſtances, ſhould be particularly avoided, as of the moſt pernicious conſequence.

Many women have ſchirrous tumours in their breaſts, which never become cancerous; and in the ſame manner there may be ſmall and ſlight ſchirruſſes in the noſtrils, which, in the common courſe of things, if not diſturbed and irritated, would never become troubleſome or dangerous; but any violence offered to ſuch a breaſt, will cauſe the painleſs ſwelling to terminate in a cancer, whoſe progreſs nothing but death can ſtop: ſo the acrimonious irritation of Snuff will bring the other ſchirrus into

the ſame dreadful ſtate; therefore what I wiſh to inculcate is, that no perſon ſhould familiarize himſelf with this dangerous, corroſive powder of Snuff, who is under the leaſt apprehenſion of this calamity, or any thing that has the leaſt tendency to it.

There are ſome other inferior conſiderations, which I ſhall ſlightly touch upon, as inconveniences attending this idle, unnatural cuſtom of Snuff-taking; I term it unnatural, as there is not the leaſt appetite implanted in our nature, to excite us to ſo pernicious an habit; and I think it ſhould not be eſteemed an innocent amuſement, as ſome term it, but even criminal, as it has a tendency, by its exceſſive uſe, not only to deſtroy three of the five ſenſes Providence has been pleaſed to endow us with, but to impair

impair the rational faculties, and by deſtroying the powers of digeſtion, to emaciate the body, and bring on a premature death.

It happens frequently that variances and diſguſts take place between married perſons, when one of them is habituated to Snuff-taking, which the other has an averſion to, and holds in abhorrence. What can be more diſguſting to a delicate woman, who has never made uſe of this nauſeous powder Snuff, than to live in ſociety with a man who is habituated, not only to Snuff-taking, but perhaps to the two other modes of uſing Tobacco, viz. ſmoaking and chewing, which is ſometimes the caſe; and *vice verſa*, when the wife is habituated to Snuff, and the huſband diſlikes and abhors it; there is

ſomething

ſomething ſo diſagreeable in the breath of a perſon habituated to Tobacco, in either of the modes it is uſed, that renders it extremely offenſive and diſagreeable to ſuch as have never been accuſtomed to it.

CHAP. II.

WITH reſpect to the mode of uſing Tobacco by way of ſmoaking, it muſt be extremely prejudicial to ſuch as are of a dry habit of body, and inclined to be conſumptive, and particularly where the lungs are in any degree affected; ſuch perſons ſhould, by all means, abſtain from this habit. By the continual irritation of the ſalivary glands of the mouth, a very extraordinary waſte of ſaliva is made, which is ſo very uſeful for dividing the moleculæ, or particles of our food, in the ſtomach, and converting it into the nouriſhment of the body, as before

before obſerved: and it is upon that principle, that it tends to reduce corpulency by deſtroying digeſtion, and draining the body of ſome of the moſt uſeful juices, and by that means of reducing it to a ſtate of diſeaſe, that often proves incurable.

The cuſtom of ſmoaking brings on a habit of drinking, by exciting unneceſſary thirſt, which is often attended with many inconveniences.

A long habit of ſmoaking not only diſcolours the teeth, rendering them of a black, filthy, and of an unſeemly appearance, but is attended with a greater evil, that is, cauſing the gums, by carrying off the juices which nouriſh them, to become lax and flabby, and recede from them, by which they appear long

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and diſagreeable, and at length looſening them, ſo that they drop out of their ſockets.

I have ſeen a variety of inſtances of the great evil attending this practice, but one in particular of a clergyman, brother to one of the public profeſſors at Oxford, who had acquired ſuch a habit of ſmoaking, that he ſcarce was ever free from a pipe in his mouth, excepting at his meals, or when performing church duty. The quantity of ſaliva he diſcharged was incredible; firſt his gums became of a pale colour, flabby, and ſhrunk from his teeth, which had acquired a black, loathſome hue; ſo that before he arrived to the age of ſixty, he was deprived of all his teeth, which, preventing him from articulating his words in a diſtinct manner, reduced

him to the neceſſity of diſcontinuing his function:—he acknowledged that it was entirely owing to the exceſs of this practice, which he had not reſolution to diſcontinue.

With reſpect to the taſte, and the ſenſe of flavours, I am of opinion that ſmoaking hardens the nerves, which excite thoſe agreeable ſenſations, and impairs them in a greater degree than even the tincture received from Snuff.

Tobacco ſmoaked has an anodyne, or ſedative quality, lulls the ſenſes, bringing on an indolent habit, and at the ſame time tends, like opium, to dull and ſodden, in a manner, the faculties of the mind.

To a perſon of a phlegmatic conſtitution Tobacco uſed medicinally, by way of ſmoaking, may in a ſmall degree be ſerviceable, but by no means to make a habit of it.

CHAP. III.

THE filthy, vulgar mode of uſing Tobacco by way of chewing, is no leſs prejudicial to health than the two former, as it irritates the ſalivary glands very greatly, deſtroys the digeſtive powers of the ſtomach, even to a greater degree than the other means in which it is uſed. Perſons habituated to this nauſeous, loathſome cuſtom, have their appetites in a courſe of time ſo greatly impaired, that they can continue a very conſiderable time without food, having no inclination to it, whilſt they are gratified with Tobacco: and ſo extraordinary is the

the waſte of the juices deſigned to plump up and nouriſh the muſcles of the face, that their countenances become furrowed and wrinkled, and of a ſallow cadaverous caſt; but this is a practice chiefly confined to the very dregs of the people. I have obſerved in ſome, who have been long habituated to this nauſeous cuſtom, that their faces have become in ſome degree diſtorted, the muſcles have been drawn to the ſide in which the Tobacco is generally retained in the mouth.

I have known a perſon who had recourſe to the practice of chewing Tobacco to reduce his corpulency, which increaſed to ſuch a degree as to become troubleſome to him; it is true, it had the effect he deſired in rendering him thin, but his digeſtion was much injured,

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and he became ſo enfeebled, that he had cauſe to repent the experiment.

If perſons addicted to the above pernicious, diſguſting habits, will not, out of regard to their own health, and out of reverence to themſelves, break off and wean themſelves from ſuch filthy, nauſeous cuſtoms, I think, out of regard to good manners, and reſpect to thoſe with whom they are connected in ſociety, and particularly domeſtic ſociety, they ſhould relinquiſh them, whatever gratification they may afford.

What can be more diſguſting and loathſome than to behold a perſon whoſe noſtrils are continually diſcharging an offenſive diſcoloured humour, tinctured

with

with Snuff, a viſage brown, foul, and naſty, begrimed with this diſguſting powder, as well as linen and cloaths beſmeared with it, and in the diſcharge attended with a diſagreeable noiſe, to the annoyance of ſuch as may be near him?

There is a cuſtom among perſons who eſteem themſelves well-bred, which is very frequently practiſed, that is, handing their box about, requeſting the company to partake of their Snuff; this they conſider as a mark of politeneſs and good-breeding, which, according to my ideas, appears quite the reverſe: for what is it, but offering a compoſition of ſn-t from the noſtrils, ſweat from the fingers, and one knows not what beſides? In my opinion it is equally indelicate

indelicate to accept ſuch a compliment, as it is to preſent it, and that for more reaſons than I chooſe to expreſs.

CHAP. IV.

HAVING expatiated upon the deſtructive, pernicious qualities of Tobacco, in the different modes it is uſually made uſe of, candour requires I ſhould point out in what inſtances it may be found uſeful and ſerviceable.

When an epidemical diſorder happens, ſuch a calamity as the plague; in ſuch a caſe, I am of opinion, that it would be extremely proper and adviſeable to ſmoak Tobacco, as frequent as may be convenient, as a preventive. For this dreadful diſorder is communicated by the

air, which conveys the miaſma of the diſeaſe from an infected perſon, to any other who has the misfortune to come within their ſphere, who receives them by inſpiration into the mouth and noſtrils, from whence they paſs to the lungs, ſpeedily infecting the whole maſs of blood.

Smoaking Tobacco may be a means of preventing infection from being received; either by its power of repelling the particles which are the ſeeds of the diſeaſe floating in the air; or perhaps by its acrimonious, pungent, hot quality, deſtroying their pernicious effect; or by the ſaliva being ſo frequently diſcharged from the mouth, preventing them from mixing with the maſs of blood, and the humours of the body; for there is no method more effectual to prevent infec-

tion of any kind, than the precaution of not ſwallowing your ſaliva, when near a perſon affected with an epidemical diſeaſe, and of applying a handkerchief well ſaturated with ſtrong vinegar, to the noſtrils.

That it has this effect, is ſufficiently confirmed by experience; for in the two laſt great plagues, that proved fatal to ſo many thouſand perſons in London, ſuch as conſtantly ſmoaked Tobacco were free from its baneful influence; and it was obſerved, that thoſe who were employed in manufacturing it, univerſally eſcaped that calamity.

To a perſon of a moiſt, cold, conſtitution, who abounds in a redundancy of phlegm, a pipe of tobacco ſmoaked in the morning may prove ſerviceable, by carrying

rying off ſuch viſcidities as foul and obſtruct the viſcera, and weaken the contractile power of the fibres; I mean occaſionally, but not to become habitual. In cold, marſhy ſituations, Tobacco ſmoaked now and then, may be of ſervice to keep off the damp vapours; and I doubt not, it was for this reaſon it became ſo univerſally practiſed in Holland. I have always obſerved that wherever any cuſtom generally prevails, that there is always ſome particular reaſon for it from the locality of the ſituation, that is, ſome peculiar quality in the air, ſoil, water, &c. requiring it.

As a topick, its medicinal efficacy is univerſally allowed in maturating tumours, and at the ſame time that it gives this diſpoſition to the incloſed humour, by its anodyne quality it ſoothes

and gives eaſe to the parts. The leaf ſoftened with oil olive has been applied with ſucceſs to ſwellings in the gout and rheumatiſm.

Water in which Tobacco-leaf has been infuſed ſome time, is a common remedy with the lower claſs of people in cutaneous eruptions, particularly in that loathſome diſorder the itch; which is cauſed by animalcula irritating the fibres between the cutis and cuticula: this was diſcovered by an Italian phyſician by microſcopal obſervation, which he communicated to the celebrated Dr. Mead in London.

For the mange in dogs, or horſes, Tobacco-water is a remedy that never fails. A ſmall quantity of Tobacco given to a horſe that has greaſy heels,

upon

upon his corn occaſionally, ſeldom fails of ſucceſs. In the colic, or pains in the bowels of a horſe, a quantity of the ſmoke of Tobacco blown into his inteſtines by the rectum generally gives relief.

That ſpecies termed Scotch Snuff, is very efficacious in deſtroying ſmall inſects ſo deſtructive to fruit trees and delicate green-houſe plants. Theſe are the few particulars I can recollect wherein this plant may be ſerviceable; being but trifling, and bearing no proportion to the almoſt infinite number of others, that are prejudicial and deſtructive.

CHAP.

CHAP. V.

IT is matter of aſtoniſhment when we reflect, that this very plant, endued with ſuch deſtructive qualities, and ſo pernicious in its uſe, yet ſhould by its culture, conveyance, and manufacturing, not only give ſubſiſtence to ſome hundreds of thouſands, I may venture to affirm, of people in different parts of the globe, both in America and Europe, but become a very conſiderable article of

commerce,

commerce, and produce ſo large a revenue, as to be an object of great concern and importance to government.

There are ſome countries where the uſe of Tobacco is prohibited, and conſidering the variety of ways in which it proves prejudicial to mankind, it may by ſome be thought extraordinary that it ſhould be ſo greatly encouraged in this country; as the preſervation of the lives, the health, and happineſs of the people ſhould be a peculiar object of adminiſtration; SALUS POPULI SUPREMA LEX having been, in all ages, eſteemed a fundamental maxim in every good government.

But

But the Miniſter will ſay, that the large revenue ariſing from this Herb, however deleterious, is ſuch, that it can by no means be diſpenſed with, however prejudicial it may be to the people.

I remember in the adminiſtration of Lord North, ſome well diſpoſed members of the Houſe of Commons propoſed a Bill for the ſuppreſſing the diſtillation of Engliſh ſpirits; alledging as reaſons, that a very great quantity of our beſt wheat was conſumed in manufacturing this pernicious liquor, which might be better applied in bread for the ſupport of the lower claſs of working people; and that gin had a tendency to deſtroy their health, corrupt their morals, and inflame them to commit all

kind of diſorders, and even the worſt of crimes, which was confirmed by daily experience. The Miniſter admitted that what was advanced was extremely reaſonable, and abſolutely true; but, ſays he, the revenue ariſing from it is ſo conſiderable, that I can by no means conſent to have it prohibited. As if he had expreſſed himſelf thus: It matters not whether the working, laborious people have bread reaſonable to nouriſh themſelves and families, or that they deſtroy their health, commit riots, diſorders, rapine, murder, &c. provided a revenue is procured by the uſe of this liquor, that being my principal object. It is ſaid, that the Miniſter has it in contemplation to lay a duty of eighteen-pence upon every pound of Tobacco; was it eighteen ſhillings, rather than eighteen-pence, I am of opinion, it would be of great

ſervice

ſervice to an infinite number of people who prejudice their health, and render themſelves loathſome, by the different modes in which it is uſed; as the expence attending it might have more weight and conſideration to induce them to abſtain from it, than any arguments, however well founded, may have to diſſuade them from continuing it.

FINIS.